

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 02041, Spices, tarragon, dried

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	7.74	--	1.181	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Energy	kcal	295	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Energy	kJ	1236	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	22.77	--	1.475	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Total lipid (fat)	g	7.24	--	0.411	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Ash	g	12.03	--	0.834	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Carbohydrate, by difference	g	50.22	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Fiber, total dietary	g	7.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Minerals													
Calcium, Ca	mg	1139	--	180.298	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Iron, Fe	mg	32.30	--	5.952	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Magnesium, Mg	mg	347	--	64.377	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P	mg	313	--	12.019	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Potassium, K	mg	3020	--	356.460	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Sodium, Na	mg	62	--	25.440	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Zinc, Zn	mg	3.90	--	1.562	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Copper, Cu	mg	0.677	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Manganese, Mn	mg	7.967	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Selenium, Se	µg	4.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1998
Vitamins													
Vitamin C, total ascorbic acid	mg	50.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Thiamin	mg	0.251	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Riboflavin	mg	1.339	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Niacin	mg	8.950	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Vitamin B-6 ¹	mg	2.410	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2002
Folate, total	µg	274	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	274	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002
Folate, DFE	µg	274	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	01/1977
Vitamin A, RAE	µg	210	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	4200	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Lipids													
Fatty acids, total saturated	g	1.881	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
10:0	g	0.028	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
12:0	g	0.014	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
14:0	g	0.120	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
16:0	g	1.202	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:0	g	0.410	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total monounsaturated	g	0.474	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated	g	0.113	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:1 undifferentiated	g	0.361	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total polyunsaturated	g	3.698	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:2 undifferentiated	g	0.742	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:3 undifferentiated	g	2.955	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/1977
Phytosterols	mg	81	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2002

Sources of Data¹S.W. Leonard, K. Hardin, J.E. Leklem Vitamin B-6 Content of Spices, 2001 Journal of Food Composition and Analysis 14 pp.163-167

